

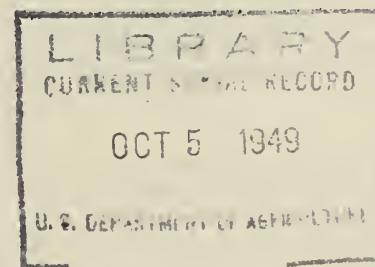
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# School Lunch Recipes for 25 and 50



**U. S. DEPARTMENT OF AGRICULTURE  
WASHINGTON, D. C.** PA-68

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BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS

in cooperation with

PRODUCTION AND MARKETING ADMINISTRATION

U. S. Department of Agriculture

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# SCHOOL LUNCH RECIPES for 25 and 50

These recipes have been prepared in 25- and 50-portion size for use in the smaller school lunch programs. The main dishes conform to protein requirements for type-A meals set up by the Production and Marketing Administration—that is, each portion furnishes at least 2 ounces of protein-rich food other than milk.

The recipes are so arranged that they can be cut apart and mounted on cards, for filing in a card file under the following headings: Soups and chowders, main dishes, vegetables, salads and salad dressings, breads, desserts, and sauces. The general information given also can be cut in sections and mounted on cards for filing.

## WEIGHING AND MEASURING

For best results, weigh or measure ingredients accurately and follow carefully the directions for combining. Weighing, when practicable, is recommended: it is more accurate and helps to assure uniformly good results. The recipes give weights for most of the dry ingredients. Since some schools do not have scales, the equivalent measures also are given in the recipes (in parentheses) and may be used instead of the weighed quantity.

When measuring ingredients, use standard measuring utensils and make measurements level.

To measure most dry ingredients, including nonfat dry milk, dip them lightly into the measuring utensil—do not shake them down. Sift white flour once before measuring.

Pack fat, brown sugar, dried fruits, and dried eggs solidly into the measure.

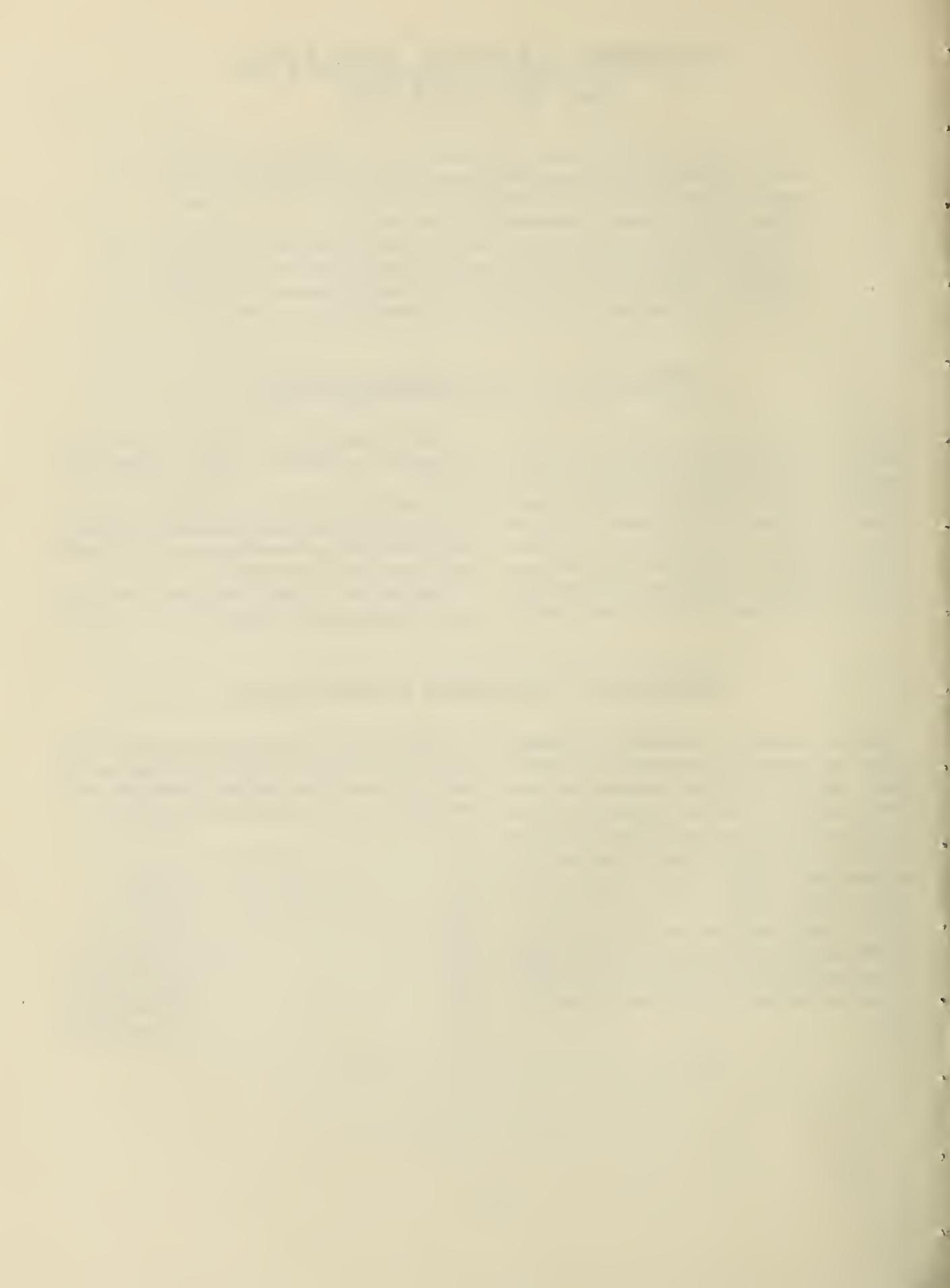
## SERVING UNIFORM PORTIONS

Uniform servings are important if a quantity recipe is to provide a given number of portions. The persons served are better satisfied, too, when quantities are the same for everybody. The best way to measure portions so they will be uniform is to serve the food with ladles and scoops of standard size. Portion size is stated on the recipes in this booklet.

For serving school lunches, ladles of  $\frac{1}{2}$ -cup,  $\frac{3}{4}$ -cup, and 1-cup capacity are most used. Scoops of various sizes are also needed; they are more convenient than ladles for measuring thick mixtures.

Scoops come in sizes from No. 6 to No. 40. The scoop number indicates the number of scoopfuls in 1 quart. The following shows the level measure of each scoop in cups or tablespoons.

Scoop No.	Level Measure
6	$\frac{2}{3}$ cup
8	$\frac{1}{2}$ cup
10	$\frac{2}{5}$ cup
12	$\frac{1}{3}$ cup
16	$\frac{1}{4}$ cup
20	$3\frac{1}{5}$ tablespoons
24	$2\frac{2}{3}$ tablespoons
30	$2\frac{1}{5}$ tablespoons
40	$1\frac{3}{5}$ tablespoons



## WHEN YOU COOK WITH FISH

*Frozen fish fillets.*—Fillets are the meaty sides of fish cut lengthwise away from the backbone. They are practically boneless.

Be sure frozen fillets are still frozen when delivered and keep them frozen until needed. Once the fillets are thawed, use them immediately. Never refreeze.

The best way to thaw frozen fillets is to place the packages on trays in a refrigerator. Allow about 18 hours for pound packages, a longer time for a solid pack in 5- or 10-pound cartons. If necessary to thaw the fillets more quickly, let them stand at room temperature, allowing 3 or 4 hours for pound packages.

Fish fillets vary considerably in size. Some may need to be cut in pieces for serving; others may need to be combined to make one portion.

*Canned fish.*—Canned fish come in flaked or solid pack in a wide range of weights from  $3\frac{3}{4}$

ounces to 16 ounces. Canned fish may be stored with other canned food in a cool storeroom, preferably not over  $70^{\circ}$  F.

Use the liquid in "natural pack" canned fish such as salmon, whenever possible, since it contains soluble minerals, vitamins, and protein. Bones are softened by the canning process and may be eaten as a source of calcium and phosphorus.

The salt content of canned fish varies. Therefore, it is suggested in the recipes that salt be added as needed.

*Precautions with fish mixtures.*—To preserve good flavor and guard against spoilage, prepare fish mixtures such as sandwich fillings and salads just before serving if possible. If they must be made several hours in advance, keep them in a refrigerator. Do not hold such fish mixtures overnight.

## WHEN YOU COOK WITH NONFAT DRY MILK

The product resulting when the fat and water are removed from milk is known as nonfat dry milk. Nonfat dry milk contains about the same nutrients as skim milk.

In recipes, nonfat dry milk may be substituted for fluid milk by using the proportions 4 ounces (1 cup) dry milk to 1 quart water. (These quantities make about 1 quart of fluid milk.) In the recipes developed especially for this product, a higher nutritive value has been obtained by using a higher proportion of nonfat dry milk.

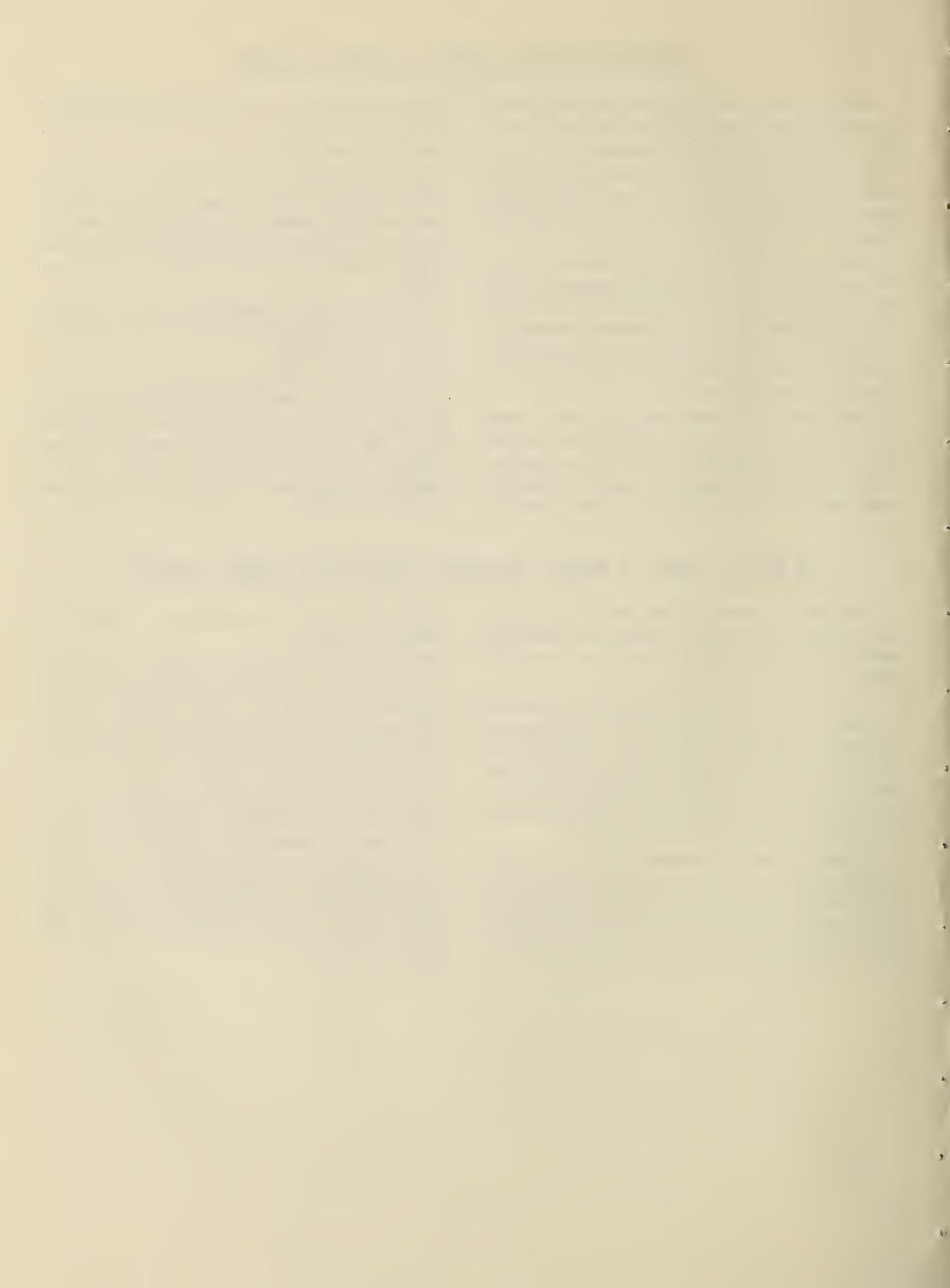
Nonfat dry milk is convenient to use. It may be mixed with the other dry ingredients for products like biscuits, muffins, cakes, and sauces. For use as a beverage or in such dishes as soups, gravies, and custards, the dry milk may first be

reconstituted—that is, made into a liquid by mixing with water.

To reconstitute dry milk, sprinkle the powder on *lukewarm* water in the required proportions. Beat until smooth with a rotary or power beater or a french whip. This method keeps the powder from lumping and sticking to the mixing bowl. Never add dry milk to a boiling mixture.

Reconstituted dry milk scorches quickly. When heating it, use a double boiler or keep the heat low.

Unopened packages of dry milk may be kept at room temperature, not over  $75^{\circ}$  F. Keep leftover milk powder in tightly covered containers in the refrigerator. If exposed to the air, dry milk absorbs moisture, becomes lumpy, and changes in flavor.



## **WHEN YOU COOK WITH DRIED WHOLE EGGS**

Dried whole eggs are eggs that have been broken out of the shell and have then had most of the water removed. When using dried egg powder in cooking, you need to add water approximately equal in quantity to that taken away during drying.

Two tablespoons of firmly packed dried egg powder and 2½ tablespoons of water equal 1 whole egg. One standard measuring cup of firmly packed dried egg powder and 1¼ cups of water equal 8 eggs. These equivalents are based on medium-sized eggs weighing at least 21 ounces to the dozen. In the recipes in this publication that specify dried eggs, allowance has been made for the water needed.

In most recipes it is best to reconstitute the dried egg—that is, mix it with the water—before using. To reconstitute, add half the water to the dried egg and beat until smooth. Add the rest of the water and beat well. If the dried egg is

lumpy, sifting it before adding the water will give a smoother product. Mix only the quantity of dried egg needed for the recipe being prepared, as the reconstituted egg will not keep.

When making quick breads and cookies, sift the dried egg with the other dry ingredients. Then add the water needed to reconstitute the dried egg with the other liquids in the recipe.

In whatever way you use dried egg, cook with low to moderate heat and avoid overcooking. Use dried egg *only* in recipes that require cooking, *not* in egg-milk drinks, mayonnaise, and other uncooked mixtures.

Keep unopened cans of dried eggs in a refrigerator or in a storeroom where the temperature is not over 60° F. Once the cans have been opened, cover tightly and keep cold and dry. Use as promptly as possible. Dried eggs will absorb moisture and odors if not tightly covered.

## **WHEN YOU COOK WITH TOMATO PASTE**

Tomato paste is prepared by concentrating tomatoes to the desired consistency by removing water. It is thicker than tomato puree.

In general, tomato paste may be substituted for puree in recipes by using equal volumes of water and paste. One part tomato paste and

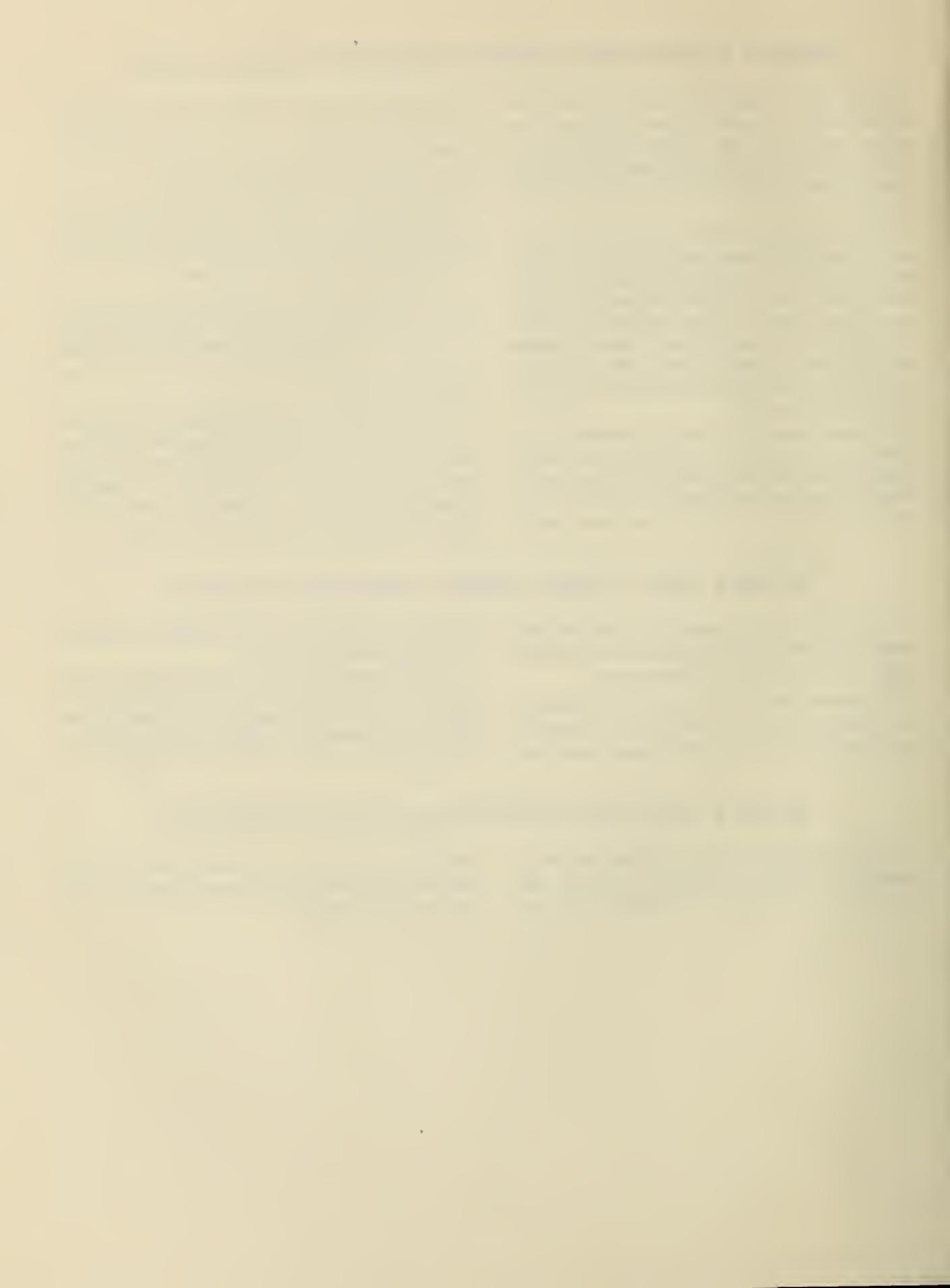
three parts water may be used in place of cooked or canned whole tomatoes.

To use tomato paste as a beverage, dilute one part paste with three parts water and mix thoroughly. Season with sugar, salt, and lemon juice. Worcestershire sauce or celery salt may be added for variety. Chill before serving.

## **WHEN YOU USE ORANGE CONCENTRATE**

To prepare orange beverage, dilute one part of concentrate with seven parts of water and mix thoroughly. Pouring several times from one

container to another or beating with a french whip to incorporate air improves the flavor. It is best when well chilled.



**BEAN OR SPLIT-PEA SOUP****Soups and Chowders**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
2 pounds (1½ quarts)	Dry beans or split peas	4 pounds (2½ quarts)	
2 tablespoons	Salt	¼ cup	
1 cup	Chopped onion	2 cups	
1 gallon 1 pint	Cooking liquid plus milk	2½ gallons	
3 ounces (½ cup)	Table fat	6 ounces (¾ cup)	
1 ounce (¼ cup)	Sifted flour	2 ounces (½ cup)	

Portion: 1 cup.

Provides about ⅓ cup protein-rich food.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Wash beans or peas and cover with cold water. Soak overnight.
2. Add enough boiling water to cover, then add salt and onion. Cook, covered, until tender. Save cooking liquid.
3. Mash beans and onions, or press through sieve.
- 4: Measure cooking liquid and add enough milk to make the required amount of liquid. Heat.
5. Melt fat, add flour, and blend well. Add to hot liquid and cook until thickened slightly, stirring constantly.
6. Combine all ingredients and reheat.

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**CREAM OF POTATO SOUP****Soups and Chowders**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
2 quarts	Diced potatoes	1½ gallons	
¼ cup	Chopped onion	½ cup	
2 tablespoons	Salt	¼ cup	
1 gallon	Cooking liquid plus milk	2 gallons	
4 ounces (½ cup)	Table fat	8 ounces (1 cup)	
1 ounce (¼ cup)	Sifted flour	2 ounces (½ cup)	
1 cup	Finely chopped parsley	2 cups	

Portion: 1 cup.

Provides ¼ cup vegetable.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Cover potatoes with boiling water. Add onion and salt and cook, covered, until tender. Drain. Save cooking liquid.
2. Mash potatoes and onion, or press through sieve.
3. Measure cooking liquid and add enough milk to make the required amount of liquid. Heat.
4. Melt fat, add flour, and blend well. Add to hot liquid and cook until thickened slightly, stirring constantly.
5. Combine all ingredients and reheat.

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## FISH CHOWDER (with nonfat dry milk)

## Soups and Chowders

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
6 pounds	Potatoes	12 pounds	
3½ pounds	Haddock fillets*	7 pounds	
4 ounces	Salt pork, finely diced	½ pound	
⅓ cup	Chopped onion	⅔ cup	
3 quarts	Water	1½ gallons	
2 tablespoons	Salt	¼ cup	
1 pound (1 quart)	Dry milk	2 pounds (2 quarts)	
1 ounce (¼ cup)	Sifted flour	2 ounces (½ cup)	

Portion: 1 cup.

Total cost \_\_\_\_\_

Provides 2 ounces protein-rich food,  
½ cup vegetable.

Cost per portion \_\_\_\_\_

1. Peel potatoes and cut into ½-inch cubes.

2. Remove skin from fish; cut fish into ½-inch pieces.

3. Fry out salt pork, add onion, and cook until tender. Add two-thirds of the water, the salt, and potatoes, and boil 15 minutes. Add fish and simmer ½ hour.

4. Blend dry milk and flour. Sprinkle on top of the remaining water and beat until smooth. Add to fish-potato mixture. Heat about 10 minutes. Garnish with chopped parsley.

\*Other fresh fish or canned flaked fish, such as cod or pollock, may be used instead.

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## VEGETABLE CHOWDER

## Soups and Chowders

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
1 cup	Chopped celery	2 cups	
½ gallon	Diced potatoes	1 gallon	
1½ quarts	Finely chopped carrots	¾ gallon	
¾ gallon	Cooking liquid plus milk	1½ gallons	
½ pound	Salt pork, chopped	1 pound	
½ quart	Sliced onion	1 quart	
2 ounces (½ cup)	Sifted flour	4 ounces (1 cup)	

Portion: 1 cup.

Total cost \_\_\_\_\_

Provides ½ cup vegetable.

Cost per portion \_\_\_\_\_

1. Cook celery, covered, in boiling salted water until partially tender. Add potatoes and carrots and continue cooking until vegetables are tender.

2. Drain vegetables. Measure the cooking liquid, and add milk to make the required amount of liquid. Heat.

3. Fry salt pork until crisp. Brown onion lightly in the drippings. Blend in flour and add to hot liquid. Cook until slightly thickened, stirring constantly.

4. Combine all ingredients and reheat.

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# BOSTON BAKED BEANS

# Main Dishes

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
2½ pounds (1½ quarts)	Navy beans	5 pounds (3 quarts)	
1¼ pounds	Salt pork	2½ pounds	
3 tablespoons	Dry mustard	½ cup	
6 ounces (¾ cup)	Sugar	12 ounces (1½ cups)	
½ cup	Molasses	1 cup	
2 tablespoons	Salt	¼ cup	
1 quart	Cooking liquid plus water	2 quarts	

Portion: Approximately ½ cup.

Total cost \_\_\_\_\_

Provides ½ cup protein-rich food.

Cost per portion \_\_\_\_\_

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## SCALLOPED GREEN BEANS AND EGGS (with nonfat dry milk)

# Main Dishes

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
3 No. 2 cans (about 1½ quarts)	Cut green beans	1 No. 10 can (about 3 quarts)	
2 ounces (½ cup)	Sifted flour	4 ounces (1 cup)	
2 teaspoons	Salt	1⅓ tablespoons	
5 ounces (1¼ cups)	Dry milk	10 ounces (2½ cups)	
1 quart	Bean liquid plus water	2 quarts	
2 ounces (¼ cup)	Fat	4 ounces (½ cup)	
1 pound	Cheese, grated	1¾ pounds	
1½ dozen	Hard-cooked eggs, sliced	3 dozen	
½ cup	Fine dry crumbs mixed with fat	1 cup	

Portion: ½ cup.

Total cost \_\_\_\_\_

Provides 2 ounces protein-rich food,  
¼ cup vegetable.

Cost per portion \_\_\_\_\_

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**BARBECUED BEEF****Main Dishes**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
3½ pounds	Ground beef	7 pounds	
1 ounce (2 tablespoons)	Table fat	2 ounces ( $\frac{1}{4}$ cup)	
$\frac{1}{3}$ cup	Vinegar	$\frac{2}{3}$ cup	
$\frac{1}{2}$ cup	Water	1 cup	
2½ cups	Catsup	1½ quarts	
2 ounces ( $\frac{1}{4}$ cup, packed)	Brown sugar	4 ounces ( $\frac{1}{2}$ cup, packed)	
$\frac{1}{2}$ cup	Finely chopped onion	1 cup	
8 ounces (2 cups)	Finely chopped celery	1 pound (1 quart)	
1 tablespoon	Dry mustard	2 tablespoons	
1 tablespoon	Salt	2 tablespoons	

Portion:  $\frac{1}{3}$  cup.

Total cost \_\_\_\_\_

Provides 2 ounces protein-rich food.

Cost per portion \_\_\_\_\_

**U. S. BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS****GROUND BEEF AND SPAGHETTI  
(with tomato paste)****Main Dishes**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
$\frac{3}{4}$ pound	Spaghetti	1½ pounds	
2¾ pounds	Ground beef	5½ pounds	
2 cups	Finely chopped onion	1 quart	
2 pounds 6 ounces (1 quart)	Tomato paste	4¾ pounds (2 quarts)	
1 quart	Water	2 quarts	
$\frac{1}{2}$ pound	Cheese, finely grated	$\frac{3}{4}$ pound	
3 tablespoons	Salt	6 tablespoons	

Portion:  $\frac{3}{4}$  cup.

Total cost \_\_\_\_\_

Provides 2 ounces protein-rich food,  
about  $\frac{1}{3}$  cup vegetable.

Cost per portion \_\_\_\_\_

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## BEEF STEW OR PIE

## Main Dishes

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
3½ pounds	Beef (boneless stew meat)	7 pounds	
6 ounces (1½ cups)	Sifted flour	12 ounces (3 cups)	
2½ tablespoons	Salt	⅓ cup	
1½ cups	Sliced onion	¾ quart	
3 ounces (⅓ cup)	Drippings or other fat	6 ounces (¾ cup)	
1 No. 2 can (2½ cups)	Green peas, drained	2 No. 2 cans (4⅔ cups)	
2½ quarts	Liquid from peas plus water	1¼ gallons	
¾ quart	Diced carrots	1½ quarts	
½ quart	Diced celery	1 quart	
1½ quarts	Diced potatoes	¾ gallon	

Portion: ¾ cup.

Total cost \_\_\_\_\_

Provides 2 ounces protein-rich food,  
½ cup vegetable.

Cost per portion \_\_\_\_\_

- Cut meat into cubes. Dredge with flour and salt. Brown meat and onion in fat.
- Add liquid and simmer until meat is nearly tender.
- Add carrots and celery; cook until vegetables are partially tender.
- Add potatoes. Continue cooking until all vegetables are tender.
- Add peas and cook 15 minutes longer.
- For pie, pour stew into baking pans. Cover with mashed potatoes. Brown in a hot oven (425° F.). Or, top portions with baked biscuit or rounds of baked pastry just before serving.

## CHEESE PUDDING (with dried whole egg)

## Main Dishes

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
1½ quarts	Milk	3 quarts	
1½ cups	Water	3 cups	
5 ounces (1¼ cups firm-packed)	Dried whole egg	10 ounces (2½ cups firm-packed)	
½ tablespoon	Salt	1 tablespoon	
1 tablespoon	Minced onion	2 tablespoons	
½ pound (1½ quarts)	Bread cubes*	1 pound (3 quarts)	
2 pounds	Grated cheese	4 pounds	

Portion: ½ cup.

Total cost \_\_\_\_\_

Provides 2 ounces protein-rich food.

Cost per portion \_\_\_\_\_

- Scald milk over boiling water.
- Add half the water to dried egg; beat until smooth. Add rest of water and beat well. Add salt and onion.
- Place bread in greased baking pan (one 12- by 16-inch pan for 25 portions).
- Blend cheese into scalded milk; cool slightly. Add to egg mixture, stirring constantly. Pour over bread.
- Place baking pan in pan of hot water.
- Bake in a moderate oven (350° F.) about 1 hour, or until set.

\*Sliced bread may be used.



## CHILE CON CARNE

## Main Dishes

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
2 pounds	Ground beef	4 pounds	
½ cup	Chopped onion	1 cup	
2 ounces ( $\frac{1}{4}$ cup)	Fat	4 ounces ( $\frac{1}{2}$ cup)	
2 cups	Tomato puree*	1 quart	
4 No. 2 cans (about 2 qt.)	Red beans †	8 No. 2 cans (about 1 gal.)	
1 tablespoon	Salt	2 tablespoons	
1 to 2 tablespoons	Chili powder	2 to 4 tablespoons	
1 ounce ( $\frac{1}{4}$ cup)	Sifted flour	2 ounces ( $\frac{1}{2}$ cup)	
$\frac{1}{4}$ cup	Water	$\frac{1}{2}$ cup	

Portion:  $\frac{1}{2}$  cup. Total cost \_\_\_\_\_

Provides 2 ounces protein-rich food.

Cost per portion \_\_\_\_\_

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## CORN FONDUE (with dried whole egg)

## Main Dishes

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
2½ cups	Milk	1¼ quarts	
2½ cups	Water	1¼ quarts	
10 ounces (2½ cups firm-packed)	Dried whole egg	1¼ pounds (1¼ qt. firm-packed)	
1 pint	Bread cubes	1 quart	
¼ cup	Minced onion	½ cup	
¼ cup	Chopped green pepper	½ cup	
1 pound	Grated cheese	2 pounds	
4 No. 2 cans (about 2¼ qt.)	Cream-style corn	8 No. 2 cans (about 1⅓ gal.)	
1 tablespoon	Salt	2 tablespoons	

Portion:  $\frac{3}{4}$  cup. Total cost \_\_\_\_\_

Provides 2 ounces protein-rich food,  
 $\frac{1}{3}$  cup vegetable.

Cost per portion \_\_\_\_\_

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## BAKED FISH FILLETS (with frozen fillets)

## Main Dishes

25 portions	Ingredients	50 portions	Cost
5 pounds	Rosefish fillets*	10 pounds	
1 tablespoon	Finely chopped onion	2 tablespoons	
1 tablespoon	Salt	2 tablespoons	
2 teaspoons	Paprika	1½ tablespoons	
6 ounces (⅔ cup)	Salad oil or melted fat	12 ounces (1½ cups)	
½ cup	Lemon juice	⅔ cup	

Provides about 2 ounces protein-rich food per portion.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

- Thaw fillets. Divide into portions, using 3 ounces as an average weight. Place on well-greased bun pan (one 16- by 24-inch pan for 25 portions).
- Add onion, salt, and paprika to oil. Gradually add lemon juice, beating until blended. Brush mixture over the fillets.
- Bake in a moderate oven (350° F.) about 30 minutes, or until fish flakes easily when tested with a fork.

\*Whiting fillets may be used instead. Thaw and trim. Divide into portions, using 2½ ounces as an average weight.

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### SPANISH EGG AND NOODLES (with dried whole egg)

## Main Dishes

25 portions	Ingredients	50 portions	Cost
¾ pound	Noodles, dry	1½ pounds	
1 cup	Finely chopped onion	2 cups	
1 cup	Finely chopped green pepper	2 cups	
2 ounces (¼ cup)	Fat	4 ounces (½ cup)	
3 ounces (¾ cup)	Sifted flour	6 ounces (1½ cups)	
2 tablespoons	Salt	¼ cup	
1 No. 10 can (3 qt.)	Cooked tomatoes*	2 No. 10 cans (1½ gal.)	
2½ cups	Water	1¼ quarts	
10 ounces (2½ cups firm-packed)	Dried whole egg	1¼ pounds (1¼ qt. firm-packed)	
1 cup	Milk	2 cups	
1 pound	Cheese, grated	2 pounds	
1 cup	Fine bread crumbs mixed with fat	2 cups	

Portion: ¾ cup.

Total cost \_\_\_\_\_

Provides 2 ounces protein-rich food, ½ cup vegetable.

Cost per portion \_\_\_\_\_

- Cook noodles in boiling salted water until tender (10 to 15 min.). Drain.
- Cook onion and green pepper in fat until soft. Blend in flour and half the salt. Stir in tomatoes. Cook until thick.
- Add half the water to dried egg; beat until smooth. Add rest of water and salt, and the milk. Beat well. Cook in double boiler or over low heat, stirring until thick but still moist. Take from pan at once to prevent over-cooking.
- Cut egg in small pieces. Add with noodles and cheese to tomato sauce. Pour into baking pan (one 12- by 16-inch pan for 25 portions).
- Top with crumbs and bake in a moderate oven (350° F.) about 30 minutes.

\*A mixture of 1 part tomato paste and 3 parts water may be used instead.

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## BAKED FISH FILLETS IN SPANISH SAUCE (with frozen fillets)

### Main Dishes

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
5 pounds	Rosefish fillets*	10 pounds	
½ cup	Chopped onion	1 cup	
2 ounces (¼ cup)	Salad oil or melted fat	4 ounces (½ cup)	
1½ ounces (⅓ cup)	Sifted flour	3 ounces (¾ cup)	
3 cups	Cooked tomatoes†	1½ quarts	
3 tablespoons	Chopped green pepper	⅓ cup	
2 teaspoons	Salt	1⅓ tablespoons	
2 teaspoons	Sugar	1⅓ tablespoons	
1 leaf	Bay leaves, crushed	2 leaves	
1/16 teaspoon	Ground cloves	⅛ teaspoon	

Provides about 2 ounces protein-rich food per portion.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

- Thaw fillets. Divide into portions, using 3 ounces as an average weight. Place on well-greased bun pan (one 16- by 24-inch pan for 25 portions).

- Make sauce: Cook onion in fat until tender. Blend flour with about one-third of the tomato liquid; mix with remaining tomatoes. Add green pepper and seasonings and blend into onion-fat mixture. Cook until thickened (20 to 30 minutes), stirring occasionally.

- Cover fish with the sauce. Bake in a moderate oven (350° F.) about 35 minutes, or until fish flakes easily when tested with a fork.

\*Whiting fillets may be used instead. Thaw and trim. Divide into portions, using 2½ ounces as an average weight.

†A mixture of 1 part tomato paste and 3 parts water may be used instead.

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## OVEN-FRIED FISH FILLETS (with frozen fillets)

### Main Dishes

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
5 pounds	Rosefish fillets*	10 pounds	
1½ teaspoons	Salt	1 tablespoon	
About 1 cup	Milk	About 1 pint	
About 2 cups	Fine dry bread crumbs	About 1 quart	
4 ounces (½ cup)	Salad oil or melted fat	8 ounces (1 cup)	

Provides about 2 ounces protein-rich food per portion.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

- Thaw fillets. Divide into portions, using 3 ounces as an average weight.

- Add salt to milk. Dip fillets in milk, then roll in crumbs, using a small amount at a time. Place on well-greased bun pan (one 16- by 24-inch pan for 25 portions).

- Sprinkle each fillet with melted fat.

- Bake in a very hot oven (500° F.) about 15 minutes, or until fish is browned and flakes easily when tested with a fork.

\*Whiting fillets may be used instead. Thaw and trim. Divide into portions, using 2½ ounces as an average weight.

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## FISH LOAF (with canned flaked fish)

## Main Dishes

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
3 14-ounce cans	Flaked cod or pollock*	6 14-ounce cans	
4	Eggs, beaten†	8	
1 quart	Soft bread cubes	2 quarts	
1 No. 2 can (about $2\frac{1}{3}$ cups)	Cooked tomatoes‡	2 No. 2 cans (about $4\frac{2}{3}$ cups)	
$\frac{1}{4}$ cup	Chopped parsley	$\frac{1}{2}$ cup	
$\frac{1}{4}$ cup	Chopped onion	$\frac{1}{2}$ cup	
1 teaspoon	Celery salt	2 teaspoons	
As needed	Salt	As needed	
2 ounces ( $\frac{1}{4}$ cup)	Table fat, melted	4 ounces ( $\frac{1}{2}$ cup)	
$\frac{3}{4}$ cup	Fine dry crumbs mixed with fat	$1\frac{1}{2}$ cups	

Portion:  $\frac{1}{3}$  cup.

Total cost -----

Provides 2 ounces protein-rich food.

Cost per portion -----

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## FISH SALAD (with canned flaked fish)

## Main Dishes

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
3 14-ounce cans	Flaked cod or pollock*	6 14-ounce cans	
4	Hard-cooked eggs, diced	8	
$1\frac{1}{2}$ cups	Diced celery	3 cups	
$1\frac{1}{2}$ cups	Cooked peas	1 No. 2 can (about $2\frac{1}{2}$ cups)	
$\frac{1}{4}$ cup	Chopped onion	$\frac{1}{2}$ cup	
$\frac{3}{4}$ cup	Chopped pickles or relish	$1\frac{1}{2}$ cups	
About $1\frac{1}{2}$ cups	Mayonnaise or salad dressing	About 3 cups	
As needed	Salt	As needed	

Portion:  $\frac{1}{3}$  cup.

Total cost -----

Provides 2 ounces protein-rich food.

Cost per portion -----

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1. Thoroughly combine all ingredients except crumbs. This may be done with the mixer on low speed, using the beater.

2. Place in well-greased baking pan (one 8- by 12-inch pan for 25 portions). Top with crumbs.

3. Bake in a moderate oven ( $350^{\circ}$  F.) about 45 minutes, or until loaf is firm in center.

\*Other cooked flaked fish may be used instead.

†2 ounces ( $\frac{1}{2}$  cup firmly packed) dried whole egg and  $\frac{2}{3}$  cup water beaten together may be used in place of 4 shell eggs. Use twice these amounts for 8 shell eggs.

‡A mixture of 1 part tomato paste and 3 parts water may be used instead.



## LIVER-POTATO CREOLE

## Main Dishes

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
3½ pounds	Liver	7 pounds	
4 ounces (1 cup)	Sifted flour	½ pound (2 cups)	
4 ounces (½ cup)	Fat	½ pound (1 cup)	
½ cup	Chopped onion	1 cup	
½ cup	Chopped green pepper	1 cup	
12 ounces (3 cups)	Diced celery	1½ pounds (1½ quarts)	
1½ tablespoons	Salt	2½ tablespoons	
¼ teaspoon	Chili powder	½ teaspoon	
1¼ quarts	Cooked tomatoes*	2½ quarts	
½ cup	Catsup	¾ cup	
1½ pounds	Cooked potatoes	2½ pounds	

Portion: ½ cup.

Total cost \_\_\_\_\_

Provides 2 ounces protein-rich food,  
½ cup vegetable.

Cost per portion \_\_\_\_\_

1. Cut liver into ½-inch cubes. Dredge with flour and brown in fat.

2. Add onion, green pepper, and celery to the liver. Cover and simmer 10 minutes.

3. Add seasoning, tomatoes, and catsup. Simmer 30 minutes.

4. Peel and dice potatoes. Add to the liver mixture. Simmer 30 minutes longer, uncovered. Stir occasionally.

\*A mixture of 1 part tomato paste and 3 parts water may be used instead.

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## LIVER-POTATO SCALLOP

## Main Dishes

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
5½ pounds	Potatoes	11 pounds	
3½ pounds	Liver	7 pounds	
5 ounces (1¼ cups)	Sifted flour	10 ounces (2½ cups)	
4 ounces (½ cup)	Fat	½ pound (1 cup)	
¾ cup	Finely chopped onion	1½ cups	
1½ quarts	Milk	¾ gallon	
2 tablespoons	Salt	¼ cup	
¼ cup	Chopped parsley	½ cup	
1 cup	Fine dry crumbs mixed with fat	2 cups	

Portion: ¾ cup.

Total cost \_\_\_\_\_

Provides 2 ounces protein-rich food,  
½ cup vegetable.

Cost per portion \_\_\_\_\_

1. Boil or steam potatoes, peel, and dice.

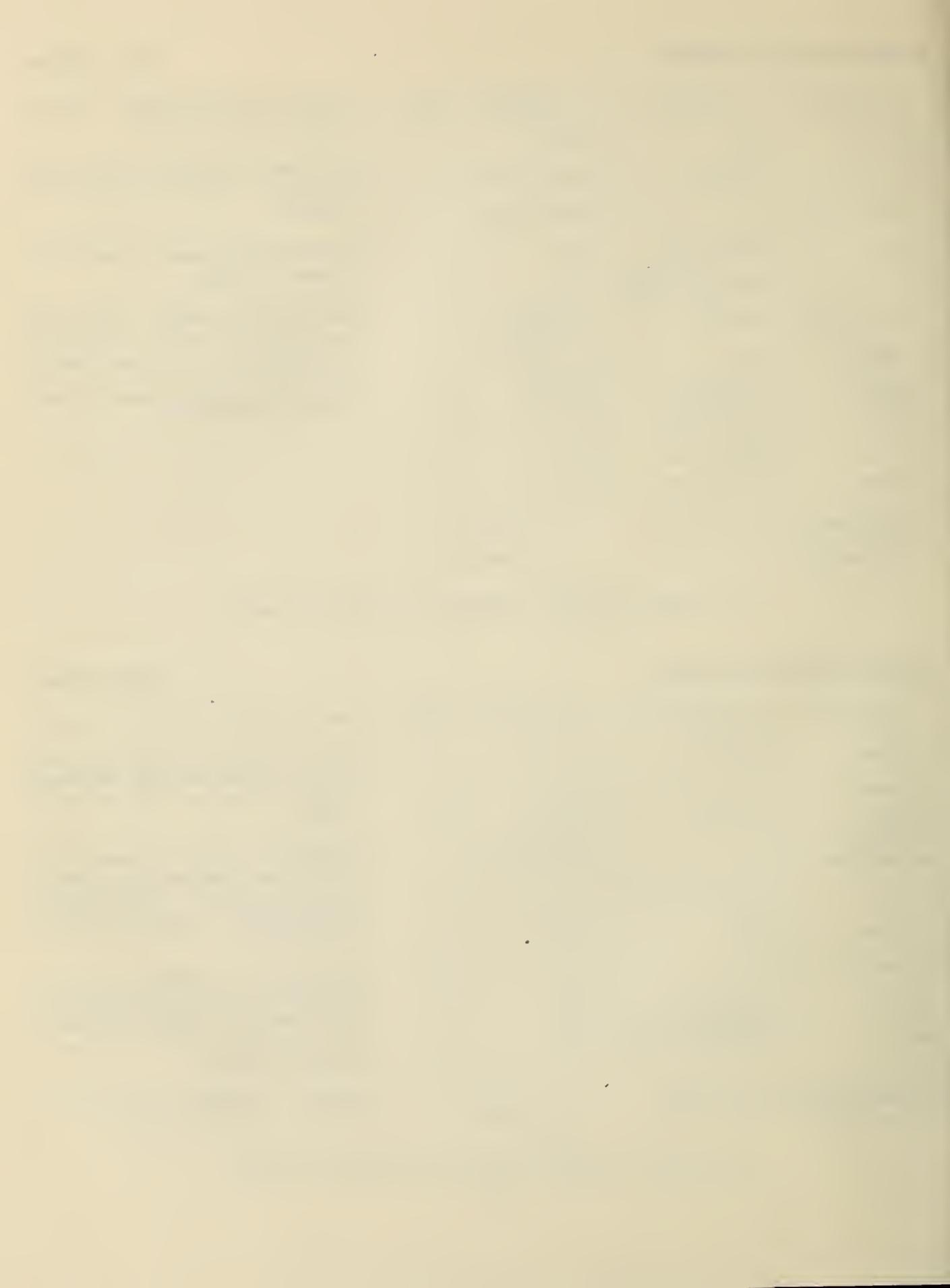
2. Cut liver into ½-inch cubes, dredge with about half the flour, and brown in fat. Add onion. Cook slowly 30 minutes.

3. Make sauce: Heat two-thirds of the milk. Blend remaining flour and milk, and add to hot milk. Add salt. Cook until thickened, stirring constantly. Add parsley.

4. Place half the potatoes in greased baking pan (one 12- by 16-inch pan for 25 portions). Add liver, and cover with rest of potatoes. Add sauce. Top with crumbs.

5. Bake in a moderate oven (350° F.) 30 minutes, or until browned.

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## MACARONI-CHEESE LOAF (with dried whole egg)

## Main Dishes

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
8 ounces	Macaroni	1 pound	
1½ cups	Water	3 cups	
5 ounces (1¼ cups firm-packed)	Dried whole egg	10 ounces (2½ cups firm-packed)	
2 pounds	Finely ground cheese	4 pounds	
1 tablespoon	Finely ground onion	2 tablespoons	
2 tablespoons	Chopped green pepper	¼ cup	
4½ cups	Hot milk	2¼ quarts	
1 tablespoon	Salt	2 tablespoons	
½ cup	Chopped parsley	1 cup	
1½ quarts	Medium white sauce (see recipe, p. 47)	3 quarts	

Portion: 1 slice, 2 by 2 by 1½ inches;  
¼ cup sauce. Provides 2 ounces protein-rich food.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

- Cook macaroni until tender (about 10 min.) in boiling salted water. Drain.
- Add half the water to dried egg; beat until smooth. Add rest of water and beat well.
- Grind cheese and macaroni separately. (Macaroni may be left in pieces.)
- Mix together macaroni, egg, half the cheese, the onion, green pepper, milk, salt, and parsley.
- Pour into greased baking pan (one 12- by 16-inch pan for 25 portions) and set in pan of hot water.
- Bake in a slow oven (325° F.) about 1 hour.
- Add remaining cheese to white sauce and serve with the loaf.

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## CORN PUDDING (with nonfat dry milk)

## Vegetables

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
3 No. 2 cans (1½ quarts)	Whole kernel corn	1 No. 10 can (about 3 quarts)	
1½ quarts	Corn liquid plus water	¾ gallon	
8 ounces (2 cups)	Dry milk	1 pound (1 quart)	
9	Eggs, well beaten*	1½ dozen	
3 ounces (½ cup)	Table fat, melted	6 ounces (¾ cup)	
1 tablespoon	Salt	2 tablespoons	

Portion: ½ cup.

Total cost \_\_\_\_\_

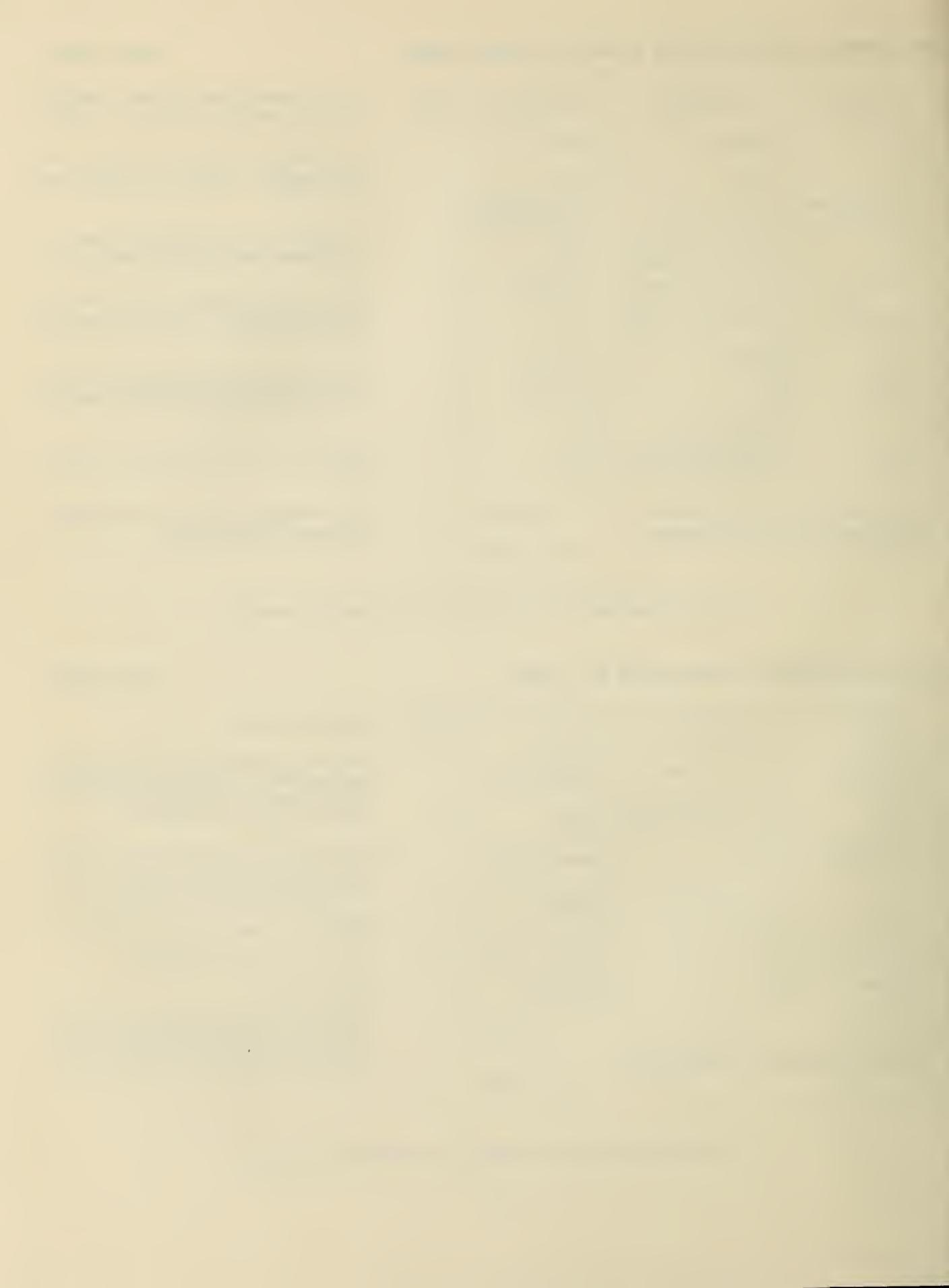
Provides ⅓ egg and about ¼ cup vegetable.

Cost per portion \_\_\_\_\_

- Drain the corn.
- Add water to corn liquid to make specified amount. Sprinkle dry milk over liquid and beat until smooth. Add eggs, fat, and salt; blend well.
- Place corn in greased baking pan (one 12- by 16-inch pan for 25 portions). Cover with egg-milk mixture.
- Bake in a moderate oven (350° F.) until set (about 40 minutes).
- Serve at once.

\*5 ounces (1¼ cups firmly packed) dried whole egg and 1½ cups water beaten together may be used in place of 9 shell eggs. Use twice these amounts for 1½ dozen shell eggs.

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## SWEETPOTATOES AND APPLES

## Vegetables

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
5 pounds	Sweetpotatoes, cooked, peeled, and sliced	10 pounds	
1 1/4 pounds	Tart apples, peeled and sliced	2 1/2 pounds	
3/4 pound (1 1/2 cups, packed)	Brown sugar	1 1/2 pounds (3 cups, packed)	
2 teaspoons	Salt	1 1/3 tablespoons	
3 ounces (1/3 cup)	Table fat	6 ounces (3/4 cup)	
1/4 to 1/2 cup	Water	1/2 to 1 cup	

Portion: 1/2 cup. Total cost -----

Provides about 1/2 cup fruit and vegetable.

Cost per portion -----

1. Place a layer of sweetpotatoes in greased baking pan (one 12- by 16-inch pan for 25 portions) and cover with a layer of apples. Sprinkle with sugar and salt, dot with fat.

2. Repeat until pan is filled.

3. Add water.

4. Bake in a moderate oven (350° F.) about 1 hour.

*Note:* If desired, a sirup may be made of the sugar, salt, fat, and water, and poured over the sweetpotatoes and apples.

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## HOT POTATO SALAD

## Vegetables

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
6 1/2 pounds	Potatoes	13 pounds	
1/4 cup	Sweet pickle relish	1/2 cup	
1 cup	Finely diced celery	2 cups	
1/4 cup	Finely chopped green pepper	1/2 cup	
1/2 cup	Finely chopped onion	1 cup	
4 ounces (1/2 cup)	Salad oil or table fat	8 ounces (1 cup)	
1 ounce (1/4 cup)	Sifted flour	2 ounces (1/2 cup)	
2 ounces (1/4 cup)	Sugar	4 ounces (1/2 cup)	
1 1/2 tablespoons	Salt	3 tablespoons	
1 teaspoon	Dry mustard	2 teaspoons	
3/4 cup	Vinegar	1 1/2 cups	
3/4 cup	Water	1 1/2 cups	

Portion: 2/3 cup. Total cost -----

Provides 1/2 cup vegetable.

Cost per portion -----

1. Boil or steam potatoes, peel, and dice.
2. Mix pickle relish, celery, and green pepper with potatoes.
3. Make dressing: Brown onion lightly in oil or table fat. Mix dry ingredients and stir into onion mixture. Add vinegar and water slowly; stir constantly. Cook until thick.
4. Add hot dressing to vegetables and mix well.
5. Put into baking pan (one 12- by 16-inch pan for 25 portions) and cover to prevent drying.
6. Heat in a moderate oven (350° F.) about 30 minutes.
7. Sprinkle chopped parsley over salad when ready to serve.

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## **COOKED SALAD DRESSING (with dried whole egg)**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
1 pint	Water	1 quart	
2 ounces ( $\frac{1}{2}$ cup firm-packed)	Dried whole egg	4 ounces (1 cup firm-packed)	
3 ounces ( $\frac{1}{3}$ cup)	Sugar	6 ounces ( $\frac{3}{4}$ cup)	
2½ teaspoons	Salt	1½ tablespoons	
1 ounce ( $\frac{1}{4}$ cup)	Sifted flour	2 ounces ( $\frac{1}{2}$ cup)	
1 tablespoon	Dry mustard	2 tablespoons	
$\frac{2}{3}$ cup	Vinegar	1½ cups	
1½ tablespoons	Table fat	3 tablespoons	

Portion: About 2 tablespoons.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

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## **BAKED BROWN BREAD**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
10 ounces ( $2\frac{1}{2}$ cups)	Sifted flour	1¼ pounds ( $1\frac{1}{4}$ quarts)	
2 tablespoons	Baking powder	1½ ounces ( $\frac{1}{4}$ cup)	
1 tablespoon	Salt	2 tablespoons	
1 teaspoon	Soda	2 teaspoons	
8 ounces ( $1\frac{1}{2}$ cups)	Whole-wheat flour	1 pound (3 cups)	
8 ounces ( $1\frac{1}{2}$ cups)	Corn meal	1 pound (3 cups)	
1¼ cups	Molasses	2½ cups	
3 cups	Milk	1½ quarts	
2 ounces ( $\frac{1}{4}$ cup)	Fat, melted	4 ounces ( $\frac{1}{2}$ cup)	

Portion: 1 slice.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

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## **Salads and Salad Dressings**

1. Add  $\frac{1}{2}$  cup of the water to dried egg; beat until smooth. Add another  $\frac{1}{2}$  cup of the water and beat well.
2. Sift together into top of double boiler the sugar, salt, flour, and mustard.
3. Stir rest of water gradually into sugar and flour mixture.
4. Add vinegar and fat. Cook over hot water until slightly thickened, stirring constantly.
5. Remove from heat. Cool 5 minutes, then beat about half the mixture into egg. Blend with remaining mixture, stirring vigorously. Replace over hot water and cook until thickened, stirring constantly. *Do not overcook.*
6. Cool immediately, setting container in cold water and stirring.

## **Breads**

1. Sift flour, baking powder, salt, and soda together twice.
2. Add whole-wheat flour and corn meal. Mix thoroughly.
3. Add remaining ingredients. Beat well.
4. Fill greased loaf pans one-half full (two 5- by 9-inch pans for 25 portions).
5. Bake in a moderate oven (350° F.) 1 hour.



**CORN BREAD (with dried whole egg)****Breads**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
½ cup	Water	1 cup	
1½ ounces (⅓ cup firm-packed)	Dried whole egg	3 ounces (¾ cup firm-packed)	
12 ounces (3 cups)	Sifted flour	1½ pounds (1½ quarts)	
1 ounce (3 tablespoons)	Baking powder	2 ounces (½ cup)	
2 ounces (¼ cup)	Sugar	4 ounces (½ cup)	
2 teaspoons	Salt	1½ tablespoons	
10 ounces (1¾ cups)	Corn meal	1¼ pounds (3½ cups)	
2½ cups	Milk	1¼ quarts	
4 ounces (½ cup)	Fat, melted, or oil	8 ounces (1 cup)	

Portion: 1 piece, 2 by 3 inches.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

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**MUFFINS (with dried whole egg)****Breads**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
1 ounce (¼ cup firm-packed)	Dried whole egg	2 ounces (½ cup firm-packed)	
1 pound (1 quart)	Sifted flour	2 pounds (2 quarts)	
1½ ounces (¼ cup)	Baking powder	3 ounces (½ cup)	
2 teaspoons	Salt	1½ tablespoons	
4 ounces (½ cup)	Sugar	8 ounces (1 cup)	
1¾ cups	Milk	3½ cups	
4 ounces (½ cup)	Fat, melted	8 ounces (1 cup)	

Portion: 1 muffin.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

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1. Add half the water to dried egg; beat until smooth. Add rest of water and beat well.
2. Sift flour, baking powder, sugar, and salt together twice. Add corn meal and mix well.
3. Combine milk and fat or oil with egg and add to dry ingredients.
4. Pour into well-greased baking pan (one 12- by 16-inch pan for 25 portions).
5. Bake in a hot oven (425° F.) about 30 minutes, or until brown.



**PLAIN CAKE (with dried whole egg)****Desserts**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
5/8 cup	Water	1 1/4 cups	
2 ounces (1/2 cup firm-packed)	Dried whole egg	4 ounces (1 cup firm-packed)	
8 ounces (1 cup)	Fat	1 pound (2 cups)	
1 tablespoon	Vanilla	2 tablespoons	
1 teaspoon	Salt	2 teaspoons	
1 pound (2 cups)	Sugar	2 pounds (1 quart)	
1 pound (1 quart)	Sifted flour	2 pounds (2 quarts)	
1 2/3 tablespoons	Baking powder	3 1/3 tablespoons	
1 1/2 cups	Milk	3 cups	

Portion: 1 piece, 2 1/2 by 2 1/2 inches.

Total cost -----

Cost per portion -----

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**PEANUT BUTTER COOKIES  
(with dried whole egg)****Desserts**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
2 ounces (1/4 cup)	Fat	4 ounces (1/2 cup)	
12 ounces (1 1/4 cups)	Coarse-grind peanut butter	1 1/2 pounds (2 1/2 cups)	
5 ounces (5/8 cup)	Granulated sugar	10 ounces (1 1/4 cups)	
4 ounces (1/2 cup, packed)	Brown sugar	8 ounces (1 cup, packed)	
1 teaspoon	Salt	2 teaspoons	
8 ounces (2 cups)	Sifted flour	1 pound (1 quart)	
2 ounces (1/2 cup firm-packed)	Dried whole egg	4 ounces (1 cup firm-packed)	
1 1/2 teaspoons	Soda	2 1/2 teaspoons	
3/4 cup	Milk	1 1/2 cups	

Portion: 2 cookies.

Total cost -----

Cost per portion -----

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1. Add half the water to dried egg; beat until smooth. Add rest of water and beat well.
2. Cream together fat, vanilla, and salt. Gradually add sugar, creaming well.
3. Add egg; beat until light and fluffy.
4. Sift flour and baking powder together twice. Add alternately with milk to creamed mixture.
5. Pour into greased baking pan lined with paper (one 12- by 16-inch pan for 25 portions).
6. Bake in a moderately hot oven (400° F.) about 25 minutes.



**BAKED CUSTARD (with dried whole egg)****Desserts**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
2½ quarts	Milk	4½ quarts	
8 ounces (1 cup)	Sugar	1 pound (2 cups)	
5 ounces (1¼ cups firm-packed)	Dried whole egg	10 ounces (2½ cups firm-packed)	
1½ teaspoons	Salt	1 tablespoon	
1½ cups	Water	3 cups	
1½ tablespoons	Vanilla	3 tablespoons	
	Nutmeg		

Portion: ½ cup.  
Provides ⅓ egg.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

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**PRUNE WHIP (with nonfat dry milk)****Desserts**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
2¼ teaspoons	Gelatin	1½ tablespoons	
¼ cup	Cold water	½ cup	
4 ounces (1 cup)	Dry milk	½ pound (2 cups)	
1 cup	Water for dry milk	2 cups	
½ cup	Lemon juice	⅔ cup	
2 pounds	Prunes	4 pounds	
4 ounces (½ cup)	Sugar	½ pound (1 cup)	
1¼ teaspoons	Salt	2½ teaspoons	

Portion: ⅓ cup.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

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1. Heat milk over boiling water.
2. Sift together the sugar, dried egg, and salt. Add water gradually and blend well. Add milk and vanilla.
3. Pour into custard cups and sprinkle lightly with nutmeg. Set in pans of hot water.
4. Bake in a moderate oven (350° F.) 30 to 40 minutes, or until set.

1. Soften gelatin in cold water.
2. Sprinkle dry milk over water (1 cup for 25, 2 cups for 50 portions); beat until smooth. Scald over hot water, stirring constantly. Add gelatin and cool thoroughly. Beat in lemon juice, a little at a time. Chill overnight.
3. Cook prunes until tender, drain, and remove pits. Chop prunes fine. Chill.
4. Whip chilled milk-gelatin mixture in mixer on high speed until very stiff.
5. Stir in prunes, sugar, and salt; blend well.

*Note:* Liquid from cooked prunes may be used in fruit drinks or molded fruit salads.



**APRICOT SAUCE (with dried fruit)****Sauces**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
½ pound	Dried apricots	1 pound	
¾ quart	Water	1½ quarts	
6 ounces (¾ cup)	Sugar	12 ounces (1½ cups)	
¼ teaspoon	Salt	½ teaspoon	

Portion: 2 tablespoons.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Coarsely grind apricots or cut into pieces.
2. Cover with the water and soak overnight or until plump.
3. Simmer 1 hour or until soft; add sugar and salt the last few minutes of cooking.
4. Beat with a rotary beater; or put fruit and liquid through a sieve or food mill and beat until smooth.

*Note:* If desired, 1 or 2 tablespoons lemon juice may be added.

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**CUSTARD SAUCE (with dried whole egg)****Sauces**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
1 quart	Milk	2 quarts	
1½ ounces (⅓ cup firm-packed)	Dried whole egg	3 ounces (¾ cup firm-packed)	
3 ounces (⅓ cup)	Sugar	6 ounces (¾ cup)	
1 teaspoon	Salt	2 teaspoons	
1 tablespoon	Cornstarch	2 tablespoons	
1 tablespoon	Table fat	2 tablespoons	
2½ teaspoons	Vanilla	1½ tablespoons	

Portion: 2½ tablespoons.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

1. Add ½ cup milk to dried egg; beat until smooth. Add another ½ cup milk and beat well.
2. Set aside 1 cup of remaining milk and scald the rest over boiling water.
3. Sift together the sugar, salt, and cornstarch; mix until smooth with the 1 cup milk. Stir into hot milk; add fat. Cook over boiling water until slightly thickened, stirring constantly. Remove from heat.
4. Cool mixture about 5 minutes, then beat about 2 cups of it into the egg. Blend with remaining mixture.
5. Replace over hot water. Cook, stirring constantly, until mixture coats spoon (about 5 min.). Avoid overcooking. Remove from heat and add vanilla.
6. Cool quickly by setting container in cold water and stirring. Chill.

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**LEMON SAUCE (with nonfat dry milk)****Sauces**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
8 ounces (1 cup)	Sugar	1 pound (2 cups)	
$\frac{1}{2}$ ounce ( $\frac{1}{2}$ tablespoons)	Cornstarch	$\frac{1}{4}$ ounce (3 tablespoons)	
$\frac{1}{2}$ teaspoon	Salt	1 teaspoon	
2½ cups	Boiling water	1¼ quarts	
1 ounce (2 tablespoons)	Table fat	2 ounces ( $\frac{1}{4}$ cup)	
6 ounces (1½ cups)	Dry milk	$\frac{3}{4}$ pound (3 cups)	
$\frac{1}{3}$ cup	Lemon juice	$\frac{2}{3}$ cup	
1 tablespoon	Grated lemon rind	2 tablespoons	.

Portion: 2½ tablespoons.

Total cost -----

Cost per portion -----

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**TOMATO SAUCE (with tomato paste)****Sauces**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
1 tablespoon	Sugar	1 ounce (2 tablespoons)	
2 teaspoons	Salt	1½ tablespoons	
1½ ounces ( $\frac{3}{8}$ cup)	Sifted flour	3 ounces ( $\frac{3}{4}$ cup)	
6 ounces ( $\frac{5}{8}$ cup)	Tomato paste	12 ounces (1½ cups)	
1 pint	Water	1 quart	
2 tablespoons	Finely chopped onion	$\frac{1}{4}$ cup	
2 tablespoons	Table fat	2 ounces ( $\frac{1}{4}$ cup)	
1 teaspoon	Horseradish	2 teaspoons	
1½ teaspoons	Lemon juice	1 tablespoon	

Portion: 2 tablespoons.

Total cost -----

Cost per portion -----

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- Blend sugar, cornstarch, and salt. Add water and cook until thickened.
- Add fat and cool until lukewarm.
- Beat in the dry milk one-third at a time. Cook over hot water 5 minutes. Cool.
- When cool, add lemon juice and rind slowly, beating until smooth.

*Note:* The sauce may be thinned with water if desired.



**WHIPPED TOPPING (with nonfat dry milk)****Sauces**

<i>25 portions</i>	<i>Ingredients</i>	<i>50 portions</i>	<i>Cost</i>
1 teaspoon	Gelatin	2 teaspoons	
2 tablespoons	Cold water	1/4 cup	
2 ounces (1/2 cup)	Nonfat dry milk	4 ounces (1 cup)	
1/4 cup	Water for dry milk	1/2 cup	
2 tablespoons	Lemon juice	1/4 cup	
2 tablespoons	Orange juice	1/4 cup	
2 ounces (1/4 cup)	Sugar	4 ounces (1/2 cup)	
1/4 teaspoon	Salt	1/2 teaspoon	

Portion: About 1 tablespoon.

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

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**WHITE SAUCE, THIN****Sauces**

<i>About 2 quarts</i>	<i>Ingredients</i>	<i>About 1 gallon</i>	<i>Cost</i>
4 ounces (1/2 cup)	Table fat	8 ounces (1 cup)	
2 ounces (1/2 cup)	Sifted flour	4 ounces (1 cup)	
2 quarts	Hot milk	1 gallon	
2 teaspoons	Salt	1 1/2 tablespoons	
2 tablespoons	Finely chopped parsley	1/4 cup	

Total cost \_\_\_\_\_

Cost per portion \_\_\_\_\_

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1. Soften gelatin in cold water.
2. Sprinkle dry milk over water, and beat until smooth. Heat over hot water until scalding hot, stirring constantly. Add gelatin and stir until dissolved. Cool.
3. Beat in fruit juices, a small amount at a time, and store in refrigerator overnight.
4. Whip in mixer on high speed until very stiff. Fold in sugar and salt.
5. Chill until ready to use.



**WHITE SAUCE, MEDIUM****Sauces**

<i>About 2 quarts</i>	<i>Ingredients</i>	<i>About 1 gallon</i>	<i>Cost</i>
8 ounces (1 cup)	Table fat	1 pound (2 cups)	
4 ounces (1 cup)	Sifted flour	8 ounces (2 cups)	
2 quarts	Hot milk	1 gallon	
2 teaspoons	Salt	1½ tablespoons	
2 tablespoons	Finely chopped parsley	¼ cup	

Total cost .....

Cost per portion .....

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**WHITE SAUCE, THICK****Sauces**

<i>About 2 quarts</i>	<i>Ingredients</i>	<i>About 1 gallon</i>	<i>Cost</i>
10 ounces (1¼ cups)	Table fat	1¼ pounds (2½ cups)	
6 ounces (1½ cups)	Sifted flour	12 ounces (3 cups)	
2 quarts	Hot milk	1 gallon	
2 teaspoons	Salt	1½ tablespoons	
2 tablespoons	Finely chopped parsley	¼ cup	

Total cost .....

Cost per portion .....

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1. Melt fat; add flour gradually, blending to a smooth paste.
2. Stir rapidly into hot milk.
3. Cook until thickened, stirring constantly.
4. Remove from heat. Add salt and parsley.

